

GROUP EXERCISE SCHEDULE



PRINTING HOUSE FITNESS + SQUASH CLUB GROUP EXERCISE STUDIO LOCATION

Main and Spin studios are located on the first floor, next to squash court E.

SKILL KEY:
 ① ALL LEVELS
 ② INTERMEDIATE
 ③ ADVANCED

EFFECTIVE DATE:
6.12.10

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	6:45 ^{AM} - 7:45 ^{AM} Body Pump NEW ① Julia 9:00 ^{AM} - 10:00 ^{AM} Iyengar Yoga ① Witold	6:45 ^{AM} - 7:30 ^{AM} Spinning® NEW ① Colleen 8:00 ^{AM} - 9:00 ^{AM} Vinyasa Yoga ② Lisa 10:00 ^{AM} - 11:15 ^{AM} Total Body NEW ① Marci	6:45 ^{AM} - 7:45 ^{AM} Sunrise Rooftop Yoga NEW ② Lisa K 6:45 ^{AM} - 7:30 ^{AM} Spin CardioMax NEW ② Melanie 9:00 ^{AM} - 10:00 ^{AM} Iyengar Yoga ① Witold	6:45 ^{AM} - 7:30 ^{AM} Spinning® ① Carolayn 8:00 ^{AM} - 9:00 ^{AM} Vinyasa Yoga ① Lisa 10:00 ^{AM} - 11:15 ^{AM} Total Body NEW ① Marci	6:45 ^{AM} - 7:45 ^{AM} Body Pump NEW ① David 9:00 ^{AM} - 10:00 ^{AM} Vinyasa Yoga ② Michael	9:30 ^{AM} - 10:30 ^{AM} Zumba NEW ① Molly 10:00 ^{AM} - 10:45 ^{AM} Spinning ① Tripp 10:30 ^{AM} - 12:00 ^{PM} Multi-Dimensional Yoga ② Tom	9:00 ^{AM} - 10:00 ^{AM} Total Body ① Andrew 10:00 ^{AM} - 11:00 ^{AM} Stretch & Tone ① Andrew 10:00 ^{AM} - 10:45 ^{AM} Spinning® NEW ① Frank
LUNCH	12:00 ^{PM} - 12:45 ^{PM} Spinning® NEW ① Buddy 1:00 ^{PM} - 2:00 ^{PM} Top Notch Boxing ①② Boxing Gym 1:00 ^{PM} - 2:00 ^{PM} Will Power & Grace™ ② Joana	12:00 ^{PM} - 12:45 ^{PM} Spinning® ① Roland 12:00 ^{PM} - 1:00 ^{PM} Pilates Workout ① Michelle 1:00 ^{PM} - 2:00 ^{PM} Cardio & Sculpt ① Roland	12:00 ^{PM} - 12:45 ^{PM} Spinning® ① Scott 12:00 ^{PM} - 1:00 ^{PM} Fluidity™ ① Myra 1:00 ^{PM} - 2:00 ^{PM} Anusara Yoga ① Nina	12:00 ^{PM} - 12:45 ^{PM} Spinning® ① Sonja 12:00 ^{PM} - 1:00 ^{PM} Pilates Workout ① Joana 1:00 ^{PM} - 2:00 ^{PM} Ultra Sculpt ① Roland	12:00 ^{PM} - 12:45 ^{PM} Spinning® ① Scott 12:00 ^{PM} - 1:00 ^{PM} Fluidity™ ① Myra 1:00 ^{PM} - 2:00 ^{PM} Vinyasa Yoga ② Tom	11:00 ^{AM} - 11:45 ^{PM} Spin CardioMax NEW ② Tripp 1:00 ^{PM} - 2:00 ^{PM} Advanced Boxing ③ Freddy	11:00 ^{AM} - 11:45 ^{AM} Spinning® ① Frank 11:30 ^{AM} - 1:00 ^{PM} Multi-Dimensional Yoga ② Tom
EVENING	5:30 ^{PM} - 6:15 ^{PM} Spinning® NEW ① Amanda 6:00 ^{PM} - 7:00 ^{PM} Hatha Yoga NEW ① Tom 6:30 ^{PM} - 7:15 ^{PM} Spinning® ① Frank 6:30 ^{PM} - 7:00 ^{PM} Rooftop Abs & Core NEW ① Joe Trainer 7:00 ^{PM} - 8:00 ^{PM} Training System ① Gary 8:00 ^{PM} - 9:00 ^{PM} Pilates Workout ① Marci	6:30 ^{PM} - 7:00 ^{PM} UpperBody CoreLab NEW ① Aida 7:00 ^{PM} - 7:45 ^{PM} Total Spin® NEW ① Aida 7:00 ^{PM} - 8:00 ^{PM} Fluidity™ NEW ① Tanya 7:00 ^{PM} - 8:00 ^{PM} Top Notch Boxing Boxing Gym ①② 8:00 ^{PM} - 9:00 ^{PM} Rooftop Candlelight Yoga NEW ② Luis	6:00 ^{PM} - 7:00 ^{PM} Will Power & Grace™ NEW ② Joana 6:30 ^{PM} - 7:00 ^{PM} Rooftop Abs & Butt NEW ① Maryam 6:45 ^{PM} - 7:30 ^{PM} Spinning® ① Carolayn 7:00 ^{PM} - 8:00 ^{PM} Vinyasa Yoga ② Carrie	6:00 ^{PM} - 7:00 ^{PM} Zumba NEW ① Molly 6:45 ^{PM} - 7:30 ^{PM} Spinning® NEW ① Rachel 7:00 ^{PM} - 8:00 ^{PM} Fluidity™ NEW ① Molly 7:00 ^{PM} - 8:00 ^{PM} Top Notch Boxing ① ② Boxing Gym 8:00 ^{PM} - 9:00 ^{PM} Pilates Workout NEW ① Marci	6:00 ^{PM} - 6:45 ^{PM} Spinning® ① Scott 6:45 ^{PM} - 7:45 ^{PM} Rooftop Vinyasa Yoga NEW ② Carrie	5:00 ^{PM} - 6:00 ^{PM} NEW Interval Spin ① Colleen 5:00 ^{PM} - 6:30 ^{PM} Vinyasa Yoga ② Carrie 6:00 ^{PM} - 6:30 ^{PM} ABSolution NEW ① Colleen	5:00 ^{PM} - 6:00 ^{PM} Advanced Spin® NEW ② Buddy 6:00 ^{PM} - 6:30 ^{PM} Abs & Core NEW ② Buddy
	NEW ROOFTOP CLASSES						
	SUNRISE YOGA			ROOFTOP CANDLE LIGHT YOGA			



CARDIOVASCULAR CONDITIONING

TOTAL BODY CONDITIONING: This safe and effective workout will combine several elements of conditioning exercises using free weights as well as a cardiovascular workout. This class will not only burn fat but will shape and tone all muscles.

CARDIO & SCULPT: A high intensity work-out combining 40 minutes of step followed by a body toning workout to strengthen all major muscle groups.

STRENGTH AND FLEXIBILITY

FLUIDITY: Designed for women and men of all ages and fitness levels. Fluidity heals and strengthens the human form by combining elements of ballet, yoga, pilates, therapeutic movement and strength training. See why the NY Times and dozens of magazines like ELLE and SELF have dubbed Fluidity "The next big thing that's taking over the exercise world."

SCULPTING

ULTRA SCULPT: This unique body sculpting class combines elements of traditional sculpting exercises with components taken from weight training.

GREAT ABS: A 20 minute intensive abdominal workout to help tighten your waist and give you a flat "ripped" stomach.

SPORTS SPECIFIC TRAINING

SPINNING: Spinning is a cardiovascular workout for the whole body that utilizes a special stationary bike. Led by an instructor and set to music.

TOP NOTCH BOXING: Join professional boxing trainers for this ultimate conditioning workout. Class held in the 1st floor boxing gym

YOGA STYLES

ANUSARA YOGA: This style works specifically with alignment and posture. Participants will be taught the proper body position when executing asanas (postures). The class will also incorporate breathing technique and meditation.

SUNRISE YOGA: Start your day off right with this invigorating Vinyasa yoga class. Students will be taken through postures that will awaken both the mind and body.

AQUA CIRCUIT: This class is done in the outdoor rooftop pool. Exercise will include cardio vascular conditioning and toning. This workout is designed for all levels. You will leave feeling refreshed and invigorated.

ULTIMATE CONDITIONING: This high intensity total body workout will include drills, toning exercises and abdominal work to increase muscle tone and stamina. 30 min express workout!

SUPER STRETCH: This class combines elements of dance, yoga, sports specific stretches, with emphasis on proper alignment and increasing flexibility.

PILATES MAT WORKOUT: Based on floor exercises designed by Joseph Pilates. It is a unique workout due to the combining of both strength and flexibility exercises at same time. Pilates emphasizes "core" (abdominal strength)

ABS & BUTT: Intensive abdominal and lower body workout that will tighten and tone all muscle groups involved. This class is perfect for men and women of all fitness levels.

BODY PUMP: The original barbell class that strengthens the entire body, This 60-min. workout challenges all major muscles by using weight-room exercises like squat, presses, lifts and curls.

TOTAL SPIN: This unique class will consist of spinning, followed by 30 minutes of intense sculpting in Studio 1. The sculpting portion of the class will focus on abdominals and upper body.

ADVANCED SPIN: This hour long cycling class is for the advanced spinning enthusiast. Take your workout to the next level with elite cyclist Buddy Van Vugt.

CANDLE LIGHT YOGA: This class will include elements of several yoga styles, including Vinyasa and Hatha. Students will be taken through a series of relaxation and meditation exercises at the end of class. Students will leave with a sense of peace and tranquility.

HATHA: This style is perfect for the beginner Yoga enthusiast. Participants will be introduced to pranayama breathing (deep abdominal breathing) and meditation. The class will leave you feeling relaxed and centered.

ZUMBA: Zumba fuses hypnotic latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away. Achieve long term benefits while experiencing an absolute blast in one exhilarating hour of caloric-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life!

STRETCH & TONE: This class is designed to increase tone and flexibility, combining elements of Yoga, dance and resistance training.

WILL POWER & GRACE™: A cardiovascular fusion of callisthenic drills, yoga and dance. You will tone your muscles, enhance your posture, and strengthen your core. Barefoot training will develop your balance, movement and confidence. Move with integrity and elevate your spirit. Created by Stacey Lei Krauss

THE TRAINING SYSTEM: Gary Buddal's signature program is the workout that produces results. His years of training students and celebrities has helped him develop a high-caloric burning exercise class that will make you run, jump, push and pull with more power and endurance. All levels welcome.

CARDIO MAX SPINNING: This dynamic spinning workout will focus mainly on increasing cardiovascular endurance and heart rate recovery

POWER YOGA/ VINYASA YOGA: These dynamic styles are the most athletic and aerobic forms of Yoga. Cardiovascular benefits will be achieved due to the vigorous pace and flow of the classes. These classes are designed for the advanced participant.

IYENGAR YOGA: Stamina and precision are the hallmarks of this style of yoga. Poses are sequenced to target specific areas of the body to create both strength and flexibility. Clean and detailed instruction makes for a dynamic practice that is a nice complement to faster styles of yoga.

NEW CLASSES



Multi-Dimensional Yoga
Sunrise Yoga
ABSolution
Advance Spin
Candle Light Yoga
Zumba
Body Pump

IMPORTANT INFORMATION
 Classes and instructors subject to change.
 Students not allowed in after first 5 min.
 Please do not wear street shoes into class.

GROUP EXERCISE DIRECTOR
 Christine Forster
 243-7600 ext.254 or email:
christinef@PrintingHouseGym.com

CLUB HOURS
 Weekdays: 6 am to 11 pm
 Weekends: 8 am to 8 pm

MULTI-DIMENSIONAL YOGA: This style of vinyasa yoga poetically weaves contemporary spiritual teachings through a vigorous physical practice, to induce a state of congruency, where the heart, the mind and the soul are in perfect alignment with the choices we make. You can expect creative sequences of classical postures, chanting, meditation, readings, music and affirmation.